

Find out how you can

Step Up & Scale Down

Call your county office of the Texas
A&M AgriLife Extension Service

Courtney Redman
County Extension Agent
Tom Green County
113 W. Beauregard
San Angelo, Texas 76903

Phone 325-659-6527

Email: cjbarbee@ag.tamu.edu

Or visit us online at:

Tomgreen.agrilife.org

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information or veteran status.

TEXAS A&M
AGRI LIFE
EXTENSION



A 12-week program
to help you move toward a
healthier weight
and meet your goals
for living a healthy lifestyle.

Courtney Redman
County Extension Agent
Texas A&M AgriLife Extension Service
113 W. Beauregard
San Angelo, Texas 76903

Place
Stamp
Here



Cooperative Extension Program



**STEP UP
SCALE DOWN**

Do you feel the need to...

Step Up & Scale Down

in your life?

Step Up & Scale Down is a 12-week educational program based on the USDA 2010 Dietary Guidelines, which are intended to help Americans choose a healthful eating plan within their calorie requirements to achieve and maintain a healthy weight. The Dietary Guidelines provide sound scientific information about how proper dietary habits can promote health and reduce risk for major chronic diseases.

Weekly Sessions

1. Scale Down by Setting Goals
2. Step up to a Healthy Plate
3. Scale Down by Label Reading
4. Step Up to Breakfast and Menu Planning
5. Scale Down with Moves to Lose
6. Step up Your Hydration
7. Scale down by Finding Your Motivational Mojo
8. Step up to Healthy Snacking
9. Scale Down with a Colorful Plate
10. Step up to Successful Socializing
11. Scale Down by Knowing Your Numbers
12. Step Up and Celebrate

Class Series Begins:

April 4th!

Location:

County Extension Office
12-1:00 PM

Cost:

\$40

Sign Me Up!

_____ Yes, I want to Step Up to the Challenge! Please register me for the 12-week class series that begins April 4, 2016!

Name_____

Address_____

City_____

Zip Code_____

Email_____

Phone_____

Please fill out the form above. Then cut off the form, add a stamp, and mail to your County Extension Agent or call 325-659-6522 to be put on the list.

